

PREPARE FOR YOUR JOURNEY

Planning & packing



You will be traveling to one of Canada's furthest (and most magical) off-shore islands which is situated on the eastern edge of Mi'kma'ki, the unceded and unsundered land of the Mi'kmaq People. This information is intended to help you plan and pack for the trip of a lifetime to Sable Island. Here's what you can expect and how you can best prepare for your trip:

Your trip is booked. What happens next?

Kattuk Expeditions is your point-of-contact for all things related to your travel to and from Sable Island. They will communicate when and where you need to be on the day of your trip. In the event of delays due to weather conditions, they will keep you up to speed. If your trip is not able to fly on the date it is scheduled due to unfavorable conditions, the calendar day immediately following your scheduled trip is your back-up date.

Dress for the Atlantic

Layers! When deciding what to wear, layering is the best approach. It is MUCH windier on the Island compared to the mainland which means it can be/feel anywhere from 2 to 20 degrees cooler on Sable. We strongly suggest you have an extra layer handy while boarding the aircraft. Ensure you have enough room in your backpack to shed a layer as well since you might work up a sweat walking through the sand.

Before you travel

Read the supplied Parks Canada biosecurity sheet and visitor map. If you would like to use Avenza Maps, download the app and map before departure. Follow your guide's instructions throughout the visit.

READY FOR THE DAY

Your packing checklist

- ☐ Extra prescription or allergy medications, in the unlikely event that your visit ends up longer than intended.
- ☐ Water bottle and food/snacks for the whole day. You will be able to refill your water bottle on the island, but there is no food for sale, so pack those snacks!
- ☐ Appropriate footwear. The vegetation on the island is quite sharp on the feet so we suggest closed toed footwear that is comfortable for walking and hiking in sand. Try to avoid anything with mesh as well. Leather footwear are the best when walking in loose sand, especially if they cover your foot up to the ankle.
- ☐ Sunscreen, lip balm, hat and sunglasses. The UV index on Sable Island can be off the chart (even on cool foggy days)
- ☐ Binoculars and Camera (Anything that improves your zooming ability will come in handy!)
- ☐ Your mobile device which will allow you to SEE WHERE YOU ARE ON SABLE using the digital visitor map. If you're interested, be sure to download the map and the app to your mobile device prior to your departure. See the document "How To Use Avenza Maps" attached in the previous e-mail for the simple instructions.
- ☐ Your credit card will come in handy if you're interested in bringing home Sable Island NPR merchandise. Note that Sable Island Main Station is the only place where souvenirs can be purchased. Please ask staff for details upon arrival. Note that not all flights make it to Main Station, depending on where the Runway of the Day is. We apologize in advance if it's the case with your flight.
- ☐ And last but not least - your sense of adventure!.

CARE FOR THIS PROTECTED PLACE

Biosecurity & arrival

Biosecurity - protect the island

Biosecurity measures have been put in place to protect Sable Island and reduce the risk of introduction of any organic material including plants, seeds, soil and diseases. What does this mean for someone travelling to Sable Island?

- ☐ Any footwear that you will be using on the island should be cleaned and disinfected prior to your travel to the island.
- ☐ The disinfectant will be available at the airport hangar. Please ensure footwear is cleaned of soil and debris before arrival at the airport. • No riding/horse care equipment or footwear worn on a horse farm is allowed on the Island. Clothing worn around horses must be machine washed or dry cleaned and stored for five days prior to arrival.
- ☐ Please visually inspect your clothing (i.e. Velcro, zippers) and footwear for any obvious seeds or insects (e.g. burdock, insects, spiders, ticks). Are your boots done drying? If so, grab your bag... it's time to go!

Your arrival

Travelling to Sable Island

During your 75-minute flight to Sable Island, keep an eye out for marine life in the ocean below. Be sure to take advantage of your vantage point on approach, keeping an eye out for seals and horses.

Arrival and orientation

We trust your landing was a gentle one. Out your window, you'll see a Parks Canada staff who has been expecting you. Our staff will introduce themselves and touch on a few important safety points before you begin your guided walk.

Guided exploration

Your group will embark on a guided walk with your guide who will safely lead you in the direction where wildlife viewing is most likely to occur.

ON THE ISLAND

Time to connect with Sable

Time to connect with the island

Whether it's taking time for photography, journaling, sketching, exploring, or finding a special spot to simply sit in the sand, every visitor has their own way of connecting with the island. Should your flight land near main Station, note that between May and August, the station becomes a nesting area for terns. We would recommend you to bring a jacket with a hoodie easily washable, as hundreds of terns will be flying in the area.

Departure

While some visitors may not want to leave, there's only one flight off the island, so you don't want to miss it! A group typically reconvenes at a pre-determined time, allowing everyone enough time to pack up and board the aircraft. As you take off, be sure to take one last look at Sable. Our hope is that you will be leaving, a little changed by the island that beckoned you out to sea.

